

Psychoanalytic Dimensions

AN INTRODUCTION TO INTERNAL FAMILY SYSTEMS THERAPY

Larry Rosenberg, Ph.D.

Internal Family Systems therapy (IFS), an insight-oriented therapy developed by Richard Schwartz, Ph.D., has gained international and local respect as an innovative and powerful method for understanding conflict, trauma, and defenses and for promoting healing, change, self-empowerment, and self-compassion for individuals, couples, and groups. IFS draws on systemic, psychodynamic, humanistic, and Buddhist perspectives. The model assumes that everyone has multiple parts or subpersonalities that constitute an organized internal system, with parts having understandable roles and relationships with one another, like a family. Our parts took on extreme protective roles or jobs (like defenses) at about the time when early developmental injuries and traumas occurred. These protective roles include pre-emptive managing (planning, organizing, figuring out, pleasing), critical judging (blaming, shaming), panicking, reactively acting out by a variety of impulsive and compulsive behaviors, dissociating, and somatizing. Even though the effects of these protective strategies can cause distress to other parts inside and/or to people in our interpersonal lives, the IFS perspective is that parts, in their way, are trying to help. All parts are welcome!

Saturday, January 11, 2020

9:00 to 4:00PM (with an hour lunch break)

Learning Center A/B, Cambridge Hospital; 1493 Cambridge St., Cambridge

Maximum Number of Participants: 20

Minimum Number of Participants: 5

Learning Objectives:

1. Describe the IFS model of personality (of parts and Self) and begin to apply this to yourself and to your patients.
2. Demonstrate that you recognize what parts your patient is speaking from and begin to guide your patient to form relationships with his or her internal parts.
3. Describe the similarities and differences between IFS and psychodynamic therapy.
4. Explain that behind every protective or defensive stance is a vulnerable feeling or concern.

Suggested Readings:

Anderson, Frank G., Sweezy, Martha, Schwartz, Richard C. (2017). *Internal Family Systems Skills Training Manual*. Eau Claire, WI: PESI.

Barbera, Mona (2008). *Bring Yourself to Love: How Couples Can Turn Disconnection into Intimacy*. Boston: Dos Monos Press.

Goulding, Regina A., & Schwartz, Richard C. (1995). *The Mosaic Mind: Empowering the Tormented Selves of Child Abuse Survivors*. New York: Norton.

Krause, Pamela K., Rosenberg, Lawrence G., & Sweezy, M. (2017). *Getting unstuck*. In M. Sweezy and E. L. Ziskind, *Innovations and Elaborations in Internal Family Systems Therapy*. New York: Routledge.

Rosenberg, Lawrence G. (2013). *Welcoming all erotic parts: Our reactions to the sexual and using polarities to enhance erotic excitement*. In M. Sweezy and E. L. Ziskind, *Internal Family Systems Therapy: New Dimensions*. New York: Routledge.

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Schwartz, Richard C. (1995). *Internal Family Systems Therapy*. New York: Guilford.

Schwartz, Richard C. (2001). *Introduction to the Internal Family Systems Model*. Oak Park, IL: Trailheads.

Schwartz, Richard C. (2008). *You Are the One You've Been Waiting For: Bringing Courageous Love to Intimate Relationships*. Oak Park, IL: Trailheads.

Sweezy, Martha, & Ziskind, Ellen L. (2013). *Internal Family Systems Therapy: New Dimensions*. New York: Routledge.

Larry Rosenberg, PhD is a psychologist in private psychotherapy and consultation practice in Cambridge and supervises and teaches at Cambridge Health Alliance, Harvard Medical School. He integrates psychodynamic, cognitive-behavioral, hypnosis, and Internal Family Systems perspectives to tailor treatments to the particular needs of individuals and couples. Larry is a certified IFS therapist and teaches this powerful model around the world. He has special interests in and published chapters about about sexuality, LGBTQ experience, and trauma. He enjoys dancing, travel, and baking desserts.